

BARRINGTON SENIOR CENTER

Come Learn Something New!

Nationally Accredited

JUNE 2010

281 County Rd

247-1926

NOTE: NEW CENTER HOURS 9:00AM TO 4:00PM

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CRAFT CLASSES

Tuesdays, starting June 7th, 12:30pm - 2:00pm, w/ Joan Allen

\$1.00/person/ week for supplies. Come do some creative projects!

All are welcome! The class will run for June, July, and August.

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SALLY L GRUBER

Interactive Horticulture

Shades of White

FRIDAY, JUNE 25, 10:00 AM or 1:00 PM Cost: \$12.00 per person

Imagine what it would be like to chat with Emily Dickinson while creating a charming Victorian-style floral arrangement. Please join us for a medley of floral design, poetry and conversation with one of America's foremost 19th century writers. Students will receive a bounty of exquisite white flowers as they design a classic "tussy mussy." A sampling of Emily's homemade gingerbread rounds out this unique and multi-sensory experience. Please call Center, 247-1926 to reserve your spot.

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INTERMEDIATE COMPUTER CLASSES

6 Classes, starting Monday, June 14th to July 19th, 10:00am - 11:00am

\$30.00 fee due at sign up - space is limited! Instructor: Joan Allen

This course will introduce users further to word processing and internet uses.

1. Word Processing: how to use spell check/grammar check; bold, italics, and underline.
 2. How to save to files, folders, and/or discs. Subfolders and creating new folders.
 3. How to create columns and tables.
 4. Servers & Search engines, the difference, how to effectively search, and save to favorites.
 5. E-mail. Spam? Security Settings; blocking pop-ups. Downloading & sending attachments.
 6. What to look for in a secure site. What is SSL? How to shop safely and ensure privacy on the internet. Downloading updates and free programs. Free coupon websites: Where to get printable coupons for groceries/retail stores and restaurants.
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MEET AND GREET

Come to the Center and “meet and greet” Eric Wallin who is the Republican Candidate running for Attorney General.

JUNE 8, 2010 at 11:00 am

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MANICURES BY LISA

Ladies now you can get your manicures right here in the comfort of the Barrington Senior Center. Lisa Walker, a licensed manicurist from Fresco Salon in Cranston will be here to give you the most beautiful long lasting nails.

*Wednesday, June 9th and June 23rd from 9am-1:00pm
Call the Center, 247-1926 to make an appointment!*

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NEW 4 HR - AARP SAFE DRIVING COURSE

Tuesday, July 27th, 3:00 pm – 7:30 pm

People 55+ yrs. (sometimes 50+ - check w/ your insurance company) may get a discount on their automobile insurance for taking this course.

Discounts vary; contact your insurer for the amount of discount they offer and to see if you qualify. This new 4-hour course is condensed from 8 hours so please be **prompt at 3 pm for completion of AARP forms and your insurance certificate. No latecomers will be allowed.** The class will take place 3:30 p.m. – 7:30 p.m. A break will be provided and participants are encouraged to take a snack or lunch to class. The course fee is **\$14.00 for each participant. AARP members will receive a \$2.00 discount if the person takes either their active, unexpired, AARP membership card or membership number to class that day.** This is a mandated requirement and there are no exceptions in order to obtain this discount. Registration & pre-payment are required ASAP as space is limited. PLEASE make checks payable to AARP. If paying by cash, please have the correct course fee. No funds are available to make change. For more info, call the Senior Center @ 247- 1926. You can bring a snack or sandwich to eat during the class break. Coffee will be provided.

Note: the Bristol Senior Center will be holding this class on Monday, June 28, 2010. Call Bristol Senior Center , 253-8458, for more information.

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FATHERS' DAY LUNCHEON

Friday, June 18th at 11:30am

Menu includes: Onion Soup, Pot Roast with Gravy, Mashed Potatoes (or Chicken Salad on a Bulky Roll), Scandinavian Blend Vegetables, Apple Pie, Dinner Roll, Coffee, Tea. Don't forget to make a meal reservation ahead! \$3.00 requested donation.

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CHAIR MASSAGE

Friday, June 4th, June 11th, June 18th and June 25th, 12:00 - 2:00pm, in the Fitness Room. Make an advanced appointment with your payment.

\$10.00/ 15 minutes or \$20.00/ 30 minutes, w/ Buffy

Sponsored by the Bayside Family YMCA.

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Come join us!

The Barrington Preservation Society is having an exhibit on "Wedding Apparel". The "wedding belles" gowns are from 1858 to 1958 and there will be one gentleman's 1930's wedding tuxedo. Come join us for a tour, Wednesday, June 9, at 11:00am. Call and reserve a spot!

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TRANSPORTATION INFORMATION

There is a Senior Wheel-Chair and Transport Company based out of Warwick called "Med-Star Ambulance." Their number is 738-6900.

They will take you for Doctor visits, pick up prescriptions, etc. They are an independent company that has no contracts with insurance companies. It is a fee for service or "pay out of pocket" company. They charge no fee for transportation 0-5 miles and \$5.00 for mileage 6-10 miles. This company has been referred by "The Point" as a resource.

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FYI

The Barrington Senior Center Van still brings Barrington Seniors grocery shopping to Shaws on Friday Mornings, 8:30 - 9:30am. Call the Center, 247-1926, to reserve a spot on the van.

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ACTIVITY CLUB TRIPS AND ACTIVITIES**

(\$5.00/year membership for people 55+)

**** All trips are to be paid for individually**

JUNE 17TH, 2010, THEATER-BY-THE-SEA, WITH A "CHORUS LINE"

"A Chorus Line", the 1976 winner of Tony Awards for Best Musical, Best Book and the Pulitzer Prize for Drama. It is a musical based on the lives and experiences of Broadway dancers. Lunch will be at the Bistro By the Sea with a meal choice of: Wild Rice Stuffed Breast of Chicken, Baked Scrod with Seasonal Crackers or Homemade Vegetable Lasagna. Cost is \$60.00 per member. Full payment due by 5/3/10.

Depart 10:45 am, from behind the Barrington Town Hall via Motor Coach
Return 6:00 pm. TRIP IS FULL. WAITING LIST.

JUNE 30TH, 2010, 2:00 PM at the Center. ICE CREAM SOCIAL (LAST BAND PERFORMANCE BEFORE THEY GO ON SUMMER VACATION). Cost \$1.00. Members are free.

JULY 14, 2010, THE SPIRIT OF BOSTON, Fabulous Entertainment and a Delicious Lunch Cruise. Join us aboard the luxurious Spirit of Boston for a two hour narrated cruise where you will see the USS Constitution, “Old Ironsides”, America’s most revered warship since the Battle of 1812. Dine on Alaskan Salmon, Crabmeat Stuffed Sole, and Chicken Julienne Asian Pepper Steak. Included is also salad, vegetables and desserts, all served buffet style. Enjoy as your wait staff entertains you with Broadway style song and dance.

Cost is \$63.00 per member with full payment due by 5/28/10.

Depart at 8:30 am from Holy Angels Church, 341 Maple Avenue, Barrington, via Luxury VCR/DVD Silver Fox Coach.

Return at 5:30 pm

AUGUST 18TH, 2010, A Fabulous Lobster Feast At The “Log Cabin”, Holyoke, Ma. After a coffee stop (on your own) you will travel to the Log Cabin House for their famous “Lobster Feast” which includes, Hor D’Oeuvres Welcome Tray, Clam Chowder, Boiled Lobster, Barbecued Ribs and Chicken, Corn on the Cob, Strawberry Shortcake and a Petite Bottle of Wine. The Riverboat Ramblers, some of the finest musicians on the East Coast, will entertain you. Cost \$64.00 per member. Full Payment Due by 7/28/2010.

Depart 8:30 am from St John’s Episcopal Church, County Rd., Barrington via Luxury VCR/DVD Silver Fox Coach.

Return 5:00 pm

AUGUST 30TH, 2010, Barrington Senior Activity Club Quarterly Meeting.

SEPTEMBER 21 TO 23, 2010, Join us for GRAND AMISH SHOWTIME, the tour includes a Deluxe Heritage Hotel in Lancaster, Four Meals (2 breakfasts, 2 Amish feasts), sightseeing tours with a native Lancaster guide who will bring you to Amish homesteads, a farmer’s market, authentic Amish quilt makers and much more. The Sight and Sound Theater production will be the “New Joseph”, a musical that brings the Bible to life. The trip also includes a tour of Hershey Chocolate World. Come visit

Amish Country with a friend. “

NOTE

Co-sponsored trips between the Barrington Senior Center and the Barrington Community School (BSC): Please contact the BSC, at 245-0432 for more specifics on the following trips.

A HARBOR FULL of HISTORY

Wednesday, July 28

Summer in New England isn't complete without a trip to the Cape, and we have a perfect day planned for visiting some of the most popular spots in Hyannis. Learn about the Kennedy family and their place in American history. Tour begins with a Hy-Line Cruise of beautiful Hyannis Harbor, allowing us to view the historic Kennedy Compound. Live narration is featured about the history of Hyannis and local area landmarks. Lunch is at a local restaurant before our afternoon visit to the JFK Hyannis Museum featuring exhibits that focus on “The Cape Years” of President Kennedy. Barrington departure by motor coach will be at 7:30AM, and return will be by 6:00 PM.

Co-sponsored by BCS and the Barrington Senior Center.

FEE: \$70. Includes JFK Hyannis Museum admission and narrated harbor cruise, lunch, BCS escort, motor coach transportation, and driver tip. Full payment or a \$35 per person deposit is required with registration; balance will be due June 25.

TANGLEWOOD ENCORE! A SUNDAY AFTERNOON CONCERT with GIL SHAHAM

Sunday, August 22

Tanglewood, the Summer home of the Boston Symphony Orchestra since 1936, is unique among music festivals for its magnificent natural setting on 500 acres in the Berkshire foothills. As always, BCS is offering a number of opportunities to attend one of Tanglewood's outstanding concerts, featuring excellent shed seats, of course!

Costa Rican conductor Giancarlo Guerrero makes his BSO debut in a program anchored by music for the violin, with violinists Gil Shaham and Adele Anthony. Today's concert, a bouquet of orchestral masterpieces, will include J.S. Bach Concerto in D Minor for two violins and strings; Higdon *blue cathedral*; Suppe *Poet and Peasant Overture*; two works by Sarasate: *Navarra* for two violins and orchestra and *Zigeunerweisen* for violin and orchestra; and finally, Bizet *Suite from Carmen*. This is one concert music-lovers won't want to miss! Bring a picnic to enjoy al fresco on Tanglewood's lawn before the concert or

purchase lunch there.

Barrington departure for both concerts listed below will be at 9:00 AM, followed by a Providence pickup at 9:20 AM. Return will be approximately 9:00 PM.

Co-sponsored by BCS and the Barrington Senior Center.

FEE: \$92 for Shed seating in Section 11. Full payment or a \$50 deposit is required with reservation; balance of payment will be due July 20. Includes concert ticket, grounds maintenance fee surcharge, BCS escort, motorcoach and driver tip.

RECIPE CORNER

Asparagus, Thyme and Tomato Halibut

1 lb. fresh asparagus
1-3/4 c. cherry tomatoes, halved
pepper to taste
4 sprigs fresh thyme
4 (4 oz) halibut fillets
juice of 1 lemon
1 Tbsp. olive oil
1 Tbsp fresh dill (optional)
4 lemon slices, as garnish

Preheat oven to 400°. Trim asparagus and lay on bottom of medium-sized baking dish. Scatter tomatoes on top. Sprinkle with pepper. Lay thyme sprigs on top. Place halibut on bed of asparagus. Combine lemon juice and olive oil; drizzle over the halibut. Roast uncovered for 18 to 20 minutes, or until fish is done.

Sprinkle with dill, if desired. Serve with sliced lemon.

Servings: 4

Per serving: 190 calories, 6 g total fat, 8 g carbohydrates, 3 g fiber, 70 mg sodium

Source: American Association for Cancer Research, *Health-e-Recipe* No. 294, 5/4/10
AICR's free weekly *Health-e-Recipe* available through www.aicr.org

JUNE 2010 ACTIVITY CALENDAR x

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
	1) 9:30am- Senior Strength 12:30pm- Craft Class	2) 9:30am- Chair Yoga 10:00am- Knitting 10:30am- Correct Breathing 12:30pm- Men's Bridge 1:00pm- Dance Music	3) 9:30am- Senior Strength 10:30am- Blood Pressure 1:00pm- Bingo 1:00pm- Wood Carving
7) 9:30am- Chair Yoga 10:00am- Computer Class 10:30am- Walk w/ Ease 12:30pm- Mah Jong 6:45pm- Dupl. Bridge	8) 9:30am- Senior Strength 10:00am-Current Events 11:00am –Meet and Greet 12:30pm- Craft Class	9) 9:00am- Manicures 9:30am- Chair Yoga 10:00am- Knitting 10:30am- Correct Breathing 11:00am-Wedding Tour by the Preservation Society 12:30pm- Men's Bridge 1:00pm- Dance Music	10) 9:30am- Senior Strength 10:30am- Blood Pressure 1:00pm- Bingo 1:00pm- Wood Carving 7:00pm- SSAB Mtg. 8:30pm-Friends Mtg.
14) 9:30am- Chair Yoga 10:30am- Walk w/ Ease 10:30am- Computer Class 12:30pm- Mah Jong 6:45pm- Dupl. Bridge	15) 9:30am- Senior Strength 12:30pm- Craft Class	16) 9:30am- Chair Yoga 10:00am- Knitting 10:30am- Correct Breathing 12:30pm- Men's Bridge 1:00pm- Dance Music	17) 9:30am- Senior Strength 10:30am- Blood Pressure 1:00pm- Bingo 1:00pm- Wood Carving 7:00pm -SSAB Mtg.
21) 9:30am- Chair Yoga 10:00am- Computer Class 10:30am- Walk w/ Ease 12:30pm- Mah Jong 6:45pm- Dupl. Bridge	22) 9:30am- Senior Strength 10:00am- Current Events 12:30pm- Craft Class	23) 9:00am-Manicures 9:30am-Chair Yoga 10:00am-Knitting 10:30am-Correct Breathing 12:30pm-Men's Bridge 1:00pm- Dance Music	24) 9:30am- Senior Strength 10:30am- Blood Pressure 1:00pm- Bingo 1:00pm- Wood Carving
28) 9:30am- Chair Yoga 10:00am-Computer Class 10:30am- Walk w/ Ease 12:30pm- Last Mah Jong Class 6:45pm- Dupl. Bridge	29) 9:00am - Discussion Group 9:30am- Senior Strength 12:30pm- Craft Class	30) 9:00am-Manicures 9:30am-Chair Yoga 10:00am-Knitting 10:30am-Correct Breathing 12:30pm-Men's Bridge 1:00pm-Last Dance Music & Ice Cream Social	

JUNE 2010 MENU

\$3.00 Suggested Donation

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Menu Subject to change with approval by Nutrition Director. 24-hour notice for reservations & cancellations is appreciated.	1) Minestrone Soup Roast Beef on Wheat Roll w/ Mustard 3-Bean Salad Baked Chips Ice Cream Sandwich <i>(Turkey on Wheat Roll w/Mustard)</i>	2) Corn Chowder Chicken Livers w/Gravy Sliced Carrots Mashed Potatoes Coffee Cake Rye Bread <i>(Ham Salad on Rye)</i>	3) Fruit Juice Beef Lasagna Cauliflower Tomato Half Sliced Pears Garlic Stick <i>(Chicken Loaf on Wheat)</i>
7) Beef Barley Soup Sloppy Joe on Hamburg Roll Peas & Mushrooms Potato Puffs Cookies <i>(Chicken Salad on Roll)</i>	8) Portuguese Soup Knockwurst w/ Mustard Boiled Potatoes Carrot & Cabbage Mix Mandarin Oranges Rye Bread <i>(Egg Salad on Rye)</i>	9) Italian Wedding Soup <u>Veal Parmesan</u> Ziti w/Sauce Italian Blend Vegetables Hoodsie Cup Italian Bread <i>(Italian Grinder)</i>	10) Turkey Rice Soup Chicken Cacciatore Roasted Potatoes Broccoli Cuts Wheat Bread Rice Pudding <i>(Italian Tuna on Wheat)</i>
14) Flag Day Venus de Milo Soup Chicken Cordon Bleu w/Gravy Red Bliss Mashed Potatoes White Bread Blueberry Crumb Cake Winter Blend Vegetables <i>(Tuna on White Bread)</i>	15) Split Pea Soup <u>Ham w/Glaze</u> Sweet Potatoes California Blend Vegetables Fresh Fruit Wheat Bread (Italian Chicken Salad on Wheat)	16) Juice French Meat Pie w/Ketchup Potato Log Mixed Vegetables Chocolate Pudding Sicilian Bread <i>(Salami & Provolone on Sicilian)</i>	17) Pasta & Bean Soup Turkey Burger on Roll w/Condiments Scalloped Potatoes Green Beans Frosted Cup Cake <i>(Egg Salad on Roll)</i>
21) Lemonade Low Sodium Hot Dog on a Roll w/condiments Baked Beans Buttered Corn Sports Bar (Hamburger on Roll w/condiments)	22) Lentil Soup Veal Cutlet w/Mushroom Gravy Baked Potato Peas & Carrots Fresh Fruit Wheat Bread (Tuna Salad on Wheat)	23) Vegetable Soup BBQ Chicken Leg Corn Bread Cole Slaw Tapioca Pudding Roll (Corned Beef on Rye)	24) Beef Noodle Soup Vegetable Lasagna Seasoned Sliced Carrots Garlic Stick Italian Ice (Honey Ham & Cheese on Multi-Grain)
28) Beef Gumbo Soup Roast Pork /Gravy Applesauce Spanish Rice Brussels Sprouts Fresh Fruit Pumpernickel Bread <i>(Chicken Salad on Pumpernickel)</i>	29) Apple Juice Chicken Stew Seasoned Noodles Green Beans Apricot Half Biscuit <i>(Pastrami & Swiss on Rye)</i>	30) Chicken Soup Meatballs w/Sauce Peppers & Onions Sliced Seasoned Potatoes Vanilla Pudding Sliced Italian Bread <i>(Meatloaf on Italian w/ketchup)</i>	